(LCN Connections Issue 8 – August 2013)

TIME TO COMMIT

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I'm certain not many of us will disagree that time appears to be moving at quite a rampant pace often leaving many saying, "I don't have the time..." or "I need to commit to this but cannot seem to find the time...". Rest assured you are not alone and take a step back to remember: There is always time and you are always committed. The question is what are you committed to within your time?

A valuable investment of your time can be spent to reflect on what it is you actually commit to and is an exercise rarely taken. It can reveal some very surprising insights as to how much time is spent even on simply thinking of what you would like to commit to or all the things you do not have time for.

A recent example of this was with a client of mine who had trouble committing to 20 minutes of exercise today. This lovely individual was very upset and would talk so often about how she needed to make some changes in her lifestyle. I asked if she could take, on a day of her choosing, a record of how many instances or how many minutes she was thinking about this. The next day I received a call with an almost playful tone. My client had said within the 24hrs she had several revelations including – a) the most time spent thinking of her desired commitments was during a 1hr break of tv after work, and she never was truly engaged with the program but rather in a state of limbo b) during her lunch break when there was inconsequential discussions with a lot of bad food she would zone out and think about it.

She finished exclaiming she has found a couple of great blocks of time where instead of stressing about her lack of commitment, she could now commit to taking action. I cheekily remarked, “it will feel good to take time away from the commitment of worrying about your lack of commitment!”

This example can be applied to any set of circumstances, especially where we truly believe there is not a second to spare and that you could not possibly commit to more. When we believe this, then we will not even consider looking at how we can change the situation. Similar statements with regards to meditations, diarising dreams or committing to time for Hemi-Sync or just in general occur all around us. If you do find yourself in this predicament, step into the “dark side” and take a look at what is not of service to you and replace it with the bits nagging at you. As a hot tip – the time you start hearing the nagging within is probably one of the times you can afford to “reconsider.”